

IMPORTANT PHONE NUMBERS

**MONTANA HEALTH CHOICES
MEDICAID MANAGED CARE
1-800-362-8312**

**MENTAL HEALTH
(general information)
1-888-866-0328**

**SOCIAL SECURITY
1-800-772-1213**

**CHILDREN'S HEALTH
INSURANCE PROGRAM
1-800-421-6667**

**MOUNTAIN-PACIFIC QUALITY
HEALTH FOUNDATION
TRANSPORTATION
(prior authorization)
1-800-292-7114**

**CHILD SUPPORT
1-800-346-5437**

Have Questions?

- *Do you have questions on how to choose a provider?*
- *Do you have questions about what Medicaid covers?*
 - *Other questions?*

Call 1-800-362-8312. We're here to help you!



your passport to health newsletter

Keeping Clients Informed
Winter, 2000-2001



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Montana Health Choices/MAXIMUS contracts with the
Department of Public Health and Human Services to provide you
with a Helpline to answer all your questions 1-800-362-8312



“Back to Sleep” Campaign

Sudden Infant Death Syndrome (SIDS) is the unexplained, sudden death of an infant under one year of age.

SIDS deaths (also called Crib Death) has gone down over the past three years, but SIDS is still the first cause of death for babies one month to one year of age. The cause or causes of SIDS are still unknown. No one can tell which babies will die from SIDS.

Babies who sleep on their stomachs and/or who are around cigarette smoke have a greater risk for SIDS. There is no known way to prevent SIDS, but there are ways to keep your baby safe during sleep.

- # Put your baby to sleep on its back in a firm bed.
- # If your baby has medical problems, talk to your Doctor or Nurse about the best sleeping position for your baby.
- # Do not put your baby to sleep on a pillow, sofa or soft bed.
- # Do not use pillows, fluffy blankets or stuffed toys in the baby’s crib.
- # Do not let the room get too hot; keep the temperature about 70 degrees Fahrenheit and don’t over wrap or bundle baby.
- # Avoid cigarette smoke around your baby.

For more information about SIDS, contact Wilda McGraw, RN, SIDS Coordinator at (406) 444-3394 or write to PO Box 202591, Helena, MT 59620

**If you did not receive a
MONTANA HEALTH CHOICES HANDBOOK
for CLIENTS
please call 1-800-362-8312.**

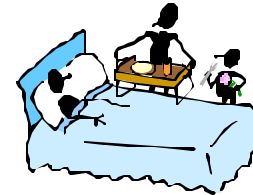
Tips for a Healthy Winter



Cold and flu season is back! While you are preparing yourself for sneezing, scratchy throats and runny noses, here are some tips that can help keep you and your family healthy during this time of year:

- ♥ **WASH HANDS OFTEN**
- © **KEEP HANDS AWAY FROM NOSE AND MOUTH**
- © **IMMEDIATELY THROW AWAY USED FACIAL TISSUES**
- © **AVOID CLOSE CONTACT WITH PEOPLE WHO HAVE COLDS**
- © **GET THE FLU SHOT ANNUALLY**
- © **FOLLOW A NUTRITIONALLY BALANCED DIET**

Although there is no proven cure for colds or flu, following these guidelines will help you in your battle to keep your family healthy!



Did you know

..... that you need a referral from your PASSPORT provider if you need to receive services from a doctor or health specialist other than your PASSPORT provider? Your PASSPORT provider needs to give a referral to the other doctor in order for Medicaid to pay for the services. If you do not get the referral you may be responsible for the bill. If you have any questions about this or any other part of the PASSPORT program or Medicaid, please call 1-800-362-8312.

TOOTHBRUSH TIPS FOR PARENTS



- 1. Throw out worn brushes (over 3-4 months old) or after your child has had a cold.** New brushes work better and germs are controlled.
- 2. Be a role model.** Brush with your kids once in a while to monitor their progress and help them do a good job.
- 3. Use circular motions!** “Cheerios sized” circles work best to remove plaque.
- 4. Get into a habit.** The best times to brush are after breakfast and before bedtime.
- 5. Get the right size!** Children need a brush that fits their hands and their mouths. Many companies make toddler and child sized brushes.
- 6. Babies need help too!** Start out with rubbing gums with a washcloth in the bathtub. When teeth begin to erupt, graduate to putting a toothbrush in with tub toys and let baby give it a try too.
- 7. Try different toothpastes.** Most kids like toothpaste with a sweet flavor or sparkles to make it fun.
- 8. Brush to music!** Put a radio in the bathroom and brush for the length of one song.
- 9. Eat “tooth-friendly”.** Let kids pick healthy snacks during a visit to the grocery store.
- 10. Get a grip!** Hold the toothbrush firmly to remove plaque best.

Everybody loves a new toothbrush!!!